

**SEPTEMBER
2022**



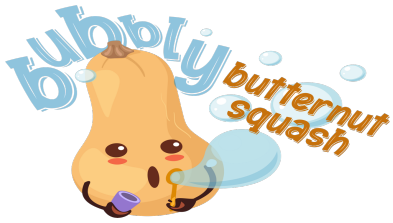
**GREATER NANTICOKE AREA
EDUCATION CENTER LUNCH MENU**

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**MENU SUBJECT TO CHANGE
DEPENDING ON PRODUCT
AVAILABILITY**



Consuming raw or undercooked meat, poultry, fish shellfish or eggs increase your risk of food borne illness

Monday	Tuesday	Wednesday	Thursday	Friday
5 	6 Hot Dog or Assorted Pizza Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	7 Beefaroni or Chicken Patty Featured Veggies: Tots Side Salad Choice of Fruit Choice of Milk	8 Turkey Sandwich or Assorted Pizza Featured Veggies: Salad Corn Choice of Fruit Choice of Milk	9 Chicken Nuggets or Cheeseburger Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk
12 Meatballs & Gravy or Hot Ham & cheese Featured Veggies: Hot Veggie Noodles Choice of Fruit Choice of Milk	13 Soft Taco or Assorted Pizza Featured Veggies: Rice Peas Choice of Fruit Choice of Milk	14 Chicken Mashed Potato Bowl or Hot Dog Featured Veggies: Mashed Potato Corn Choice of Fruit Choice of Milk	15 Meatball Sub or Assorted Pizza Featured Veggies: Fries Side Salad Choice of Fruit Choice of Milk	16 Breakfast for Lunch or Turkey & Cheese Sandwich Featured Veggies: Hash Brown Sausage Link Choice of Fruit Choice of Milk
19 Tatar Tot Bowl or Ham & Cheese Sandwich Featured Veggies: Side Salad sliced Cucumbers Choice of Milk	20 Chicken Patty or Assorted Pizza Featured Veggies: Hot Veggie Side Salad sliced Cucumbers Choice of Milk	21 Buffalo Chicken Dip or Cheeseburger Featured Veggies: Salad Tots Choice of Fruit Choice of Milk	22 Hot Dog or Assorted Pizza Featured Veggies: Fries Glazed Carrots Choice of Fruit Choice of Milk	23 Nachos Grande or Macaroni & Cheese Featured Veggies: Salad Tots Choice of Fruit Choice of Milk
26 Sloppy Joe or Cheeseburger Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	27 Chicken Fajitas or Assorted Pizza Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	28 General Tso Chicken or Meatball Sub Featured Veggies: Fries Broccoli Choice of Fruit Choice of Milk	29 Chicken Cheesesteak or Assorted Pizza Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	30 Pasta with Meatsauce or Hot Dog Featured Veggies: Salad Tots Choice of Fruit Choice of Milk

Adult Lunch \$4.05

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